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i INFORMATION SHEET

Brussels sprout crop sheet

These are our top tips on how to grow Brussels sprouts. Everyone knows them as the iconic Christmas vegetable.

School term: Late Spring, Early Summer, Late Summer

Level of experience: No experience needed

Subject(s): Science

Sowing

When: March to April

1. Sow seeds thinly in seed trays or individually in modules 13mm deep.
2. Keep the seeds in a coldframe or cool windowsill. Prick out those grown in seed trays when the first two leaves have formed.
3. Plant out young plants when they have seven true leaves at 5-9cm intervals (depending on the variety).

Growing

- Water regularly and look out for slugs and snails eating the young leaves.
- Brussels sprouts grow well on any soil but prefer well compacted, fertile loam.
- Watch out for pigeons and cover the plants with netting if necessary.
- Remove the yellow leaves throughout the growing season and mound soil around the base of the plants in September to prevent wind damage.

Harvesting

When: 26 to 31 weeks after sowing

- Harvest from the bottom of the plant upwards, picking only the best, tightest sprouts.
- Frost improves the flavour of Brussels sprouts so pick them the morning after.
- After all the sprouts have been harvested, the top greens can also be eaten.

Using

- There are many ways to try cooking sprouts like roasting with garlic and nuts.



Varieties to try

- 'Brodie' F1 - produces sprouts with a mild, sweet taste so a good one to try for children (and adults) who don't normally like them
- 'Maximus' - crops early or mid season on reliable plants
- 'Revenge' - a very late cropping variety, vigorous and tolerant of poor soils
- 'Rubine' - an unusual, richly coloured variety